

**** RACE RESULTS ****

COOL, MARCH 4 - WAY TOO COOL 50K TRAIL RUN: 152. Erik Dube/SLO 5:20:22 .. 453. Kymberly Fazzio/Nipomo/SLDC-SLOTR 6:50:18 .. 646. Christine Mathiesen/Atascadero/SLDC-SLOTR 8:04:25. - / www.capitalroadrace.com / -

CLAREMONT, MARCH 4 - S.C.I.A.C. MULTI-DUAL MEET: Women's 5000 - 2. Malea Martin/Claremont (SLOHS) 18:05.13.

BERKELEY, MARCH 4 - CAL OPENER (at Edwards Stadium): **Women's 1500** - 9. Christine Hoffman/U.C. Davis (SLOHS) 4:39.73.

LAKE SHASTA, MARCH 4 - JOHN FRANK MEMORIAL TEN MILE (USAT&F Pacific Association Grand Prix Series race):
Local finishers - 1. Sergio Reyes/Los Osos (ex-Cuesta College) 51:26 .. 2. Jameson Mora/Paso Robles (ex-Cal Poly) 51:56 .. 3. Sean Davidson/SLO (ex-Cal Poly) 53:10 .. 5. Eric Noel/SLO 54:21 .. 10. Reese Byers/SLO 57:15 .. 29. Mary Hillis/SLO (2-F) 63:48 .. 30. Antonio Arreola (ex-SLOHS, Cal Poly) 63:49. ** 152 finishers ** - / www.pausatf.org / -

ATASCADERO, MARCH 4 - HARES & HOUNDS 5K & YOUTH MILE (at Atascadero Lake Park)

<u>5K - Men</u> (125 finishers)			<u>5K - Women</u> (92 finishers)		
1. Ben Walker/Aggies	18:07	16. Paul Lee	22:23	11. Heidi Harrison	26:52
6. Matthew Shuck/1-SLDC	21:09	17. Paul Shires	22:27	26. Denise Layaye	29:59
7. Michael Dean	21:10	19. Dave Dunbar	22:52	<u>Youth Mile</u> (68 finishers)	
12. Coker Ellsworth	22:09	26. John Tiffin	24:13	52. Hector Lopez, 11	12:07
		102. Jim Parra/81 (ex-SLDC)	41:25		



Coker Ellsworth, Paul Shires, Dave Dunbar



John Tiffin



Heidi Harrison, Paul Shires, Dave Dunbar

NAPA, MARCH 5 - NAPA VALLEY MARATHON (Calistoga to Napa along the Silverado Trail; 1,269 finishers)
 577. Suzi Jianuzzi/Templeton-SLDC 4:11:59 (4F-60/64) . 673. Liz Byrnes/Paso Robles-SLDC 4:21:30 (7F-55/59).

S.L.D.C. ALL-TIME TOP TEN AT THE NAPA VALLEY MARATHON

1. Brian Waterbury/1989	2:43:50	1. Kristen Orr/2002	2:52:57
2. Luis Escobar/1994	2:52:48	2. Mary Ryzner/1990	2:56:08
3. Brian Waterbury/1994	2:55:59	3. Laurie Kirkpatrick/1990	3:04:08
4. Clem Michel/1989	2:56:54	4. Diane Dixon/1989	3:05:06
5. Dusty Davis/2012	2:58:20	5. Rebecca Wyer/1991	3:11:26
6. Steve Wyer/1992	2:58:21	6. Suzanne Wetzel/2008	3:16:52
7. Stan Rosenfield/1989	3:02:02	7. Diane Dixon/1991	3:18:13
8. Clem Michel/1991	3:04:15	8. Paula Dooley/2000	3:27:20
9. Galen Kirm/1988	3:06:37	9. Alice Dill/1991	3:30:47

10. Joe Bergquist/1995

3:07:48

10. Teri Rose/1995

3:33:58

LOS ANGELES, MARCH 10 - OCCIDENTAL COLLEGE DISTANCE CARNIVAL:

Women's 5000 - 9. Miranda Daschian/Cuesta (Atascadero HS) 17:01.47 .. 38. Malea Martin/Clairemont (SLOHS) 17:45.14.

Men's 800 - 33. John Nichols/Redlands (AGHS) 1:58.72. **Men's 5000** - 18. William Ernst/Cal Baptist (SLOHS) 14:45.43.

Men's 10,000 - 12. Aramis Knox/Cuesta (SLOHS) 33:16.80 .. 26. Kobi Kelly/Cuesta (SLOHS) 35:09.49. / www.royalresults.com /

DAVIS, MARCH 11 - AGGIE OPEN: 3000 Meters - 1. Gracie Albano/Sacramento State (Nipomo HS) 10:40.56.

FULLERTON, MARCH 11 - BEN BROWN INVITATIONAL: 5000 Meters - 6. Austin Lay/UCSB (Morro Bay HS) 14:42.86.

CHICO, MARCH 11 - WILDCAT INVITATIONAL: 1500M - 2. Connor Fisher/Chico State (ex-Cuesta College, 2013 Rock to Pier winner) 3:55.86 .. 7. Daniel Tull/Humboldt State (Atascadero High School 3:58.44. - / www.directathletics.com / -

ATASCADERO, MARCH 11 - ATASCADERO MEMORIAL MEET

100M - Varsity Boys		9. Kate Miller/SLO	2:42.31	19. Tanvi Kenjale/Nipomo	6:22.84
7. Isaiah Gayfield/Righetti	11.89	11. Scout Bidleman/MBay	2:43.90	30. Hannah Lykes/MBay	6:56.47
200M - Varsity Boys		16. Hannah Hagy/Atas.	2:48.57		
2. Isaiah Gayfield/Righetti	23.93	22. Hannah Lykes/MBay	2:56.07	3200 - Varsity Boys	
200M - Varsity Girls		1600M - Varsity Boys		7. Matt White/SLO	9:50.12
7. Kathryn ZagRodny/SLO	28.85	1. Callum Bolger/SLO	4:22.35	11. Garron Knox/SLO	10:12.74
800M - Varsity Boys		2. Tegan Fleishman/Atas.	4:26.92	16. Jaciob Andreatta/SLO	10:24.01
1. Callum Bolger/SLO	1:55.85	17. Matthew Scurreia/SLO	5:01.74	18. Colton Campa/SLO	10:28.28
800M - Varsity Girls		18. Justin Hatcher/SLO	5:02.14	3200M - Varsity Girls	
3. Maddie Fletcher/SLO	2:32.63	1600M - Varsity Girls		6. Alexi Steinmaus/SLO	12:40.75
		2. Samantha Simard/SLO	5:24.41	22. Hannah Haas/SLO	14:43.20

/ www.phototiming.com /

LA HABRA. MARCH 11 - CITY OF LA HABRA 5K (293 finishers):

19. John M. Tiffin (1-70+) 23:37 .. 29. John S. Tiffin (3-35/39) 25:42. - / www.pacificcoasttiming.com / -

JACKSONVILLE, FLORIDA, MARCH 11- GATE RIVER RUN: 58. Jordan Hasay (1-F) 49:28. (11,964 finishers). This was Jordan's 19th national championship, including Junior Olympics, Footlocker, NCAA, & USAT&F.

Hasay uses furious finish to capture national title at USATF 15 KM Championships

JACKSONVILLE, Florida -- Competitive fields led to fast times as **Jordan Hasay** continued her strong 2017 campaign with a victory at the USATF 15 km Championships in Jacksonville, Florida, hosted by the Gate River Run. The women had a lead pack of six for much of the way. After the first two miles, the group of Hasay, Emily Infeld, Aliphine Tuliamuk, Laura Thweatt, Neely Gracey and Natosha Rogers worked together to pull away from the rest of the field. The group ran evenly throughout, passing the first two miles in 10:41, then hitting the four mile mark in 21:22. Tuliamuk, Infeld and Thweatt took turns leading, with Tuliamuk doing most of the work. Little changed until there were two miles to go, when Tuliamuk started to fall off, leaving the group at five. With one mile to go, Rogers started to struggle while Thweatt pushed the pace. The group, now a quartet, kept intact until Hasay made a move, pushing to the front and hammering the next half mile. Hasay's move strung out the lead pack with Infeld trying her best to stay with Hasay but Hasay simply could not be beaten. The Nike Oregon Project athlete ran tough over the final half mile, finishing in victorious fashion with a time of 49:28.

TUSTIN, MARCH 12 - TUSTIN HANGAR 5K (2,316 finishers): 82. John Tiffin (1-70+) 23:00. - / www.geminitiming.com / -

SACRAMENTO, MARCH 12 - BLUE ALMOND SHAMROCK'N HALF MARATHON (3,438 finishers):

2450. Mike Andrews/Oceano-SLDC 2:40:00 (half marathon debut), - / www.capitalroadrace.com / -

ATASCADERO, MARCH 11 - PAC-8 VARSITY MEET

100M - Varsity Boys		800M - Varsity Boys		1600M - Varsity Girls	
5. Isaiah Gayfield/Righetti	11.71	18. Cole Bumen/SLO	2:17.06	2. Samantha Simard/SLO	5:13.37
100M - Varsity Girls		800M - Varsity Girls		7. Alexi Steinmaus/SLO	5:40.65
9. Kathryn ZagRodny/SLO	13.54	1. Maddie Fletcher/SLO	2:25.69		
200M - Varsity Boys		1600M - Varsity Boys		3200M - Varsity Boys	
4. Isaiah Gayfield/Righetti	23.84	3. Tegan Fleishman/Atas.	4:25.56	5. Matthew Scurreia/SLO	10:20.53
				8. Justin Hatcher/SLO	10:45.29

200M - Varsity Girls			5. Matt White/SLO	4:30.61		
7. Kathryn ZagRodny/SLO	27:96	13. Garron Knox/SLO	4:39.96	3200M - Varsity Girls		
400M - Varsity Girls			14. Jacob Andreatta/SLO	4:43.56	11. Shilu Vanasupa/SLO	14:50.43
7. Kate Miller/SLO	1:04.73	18. Colton Campa/SLO	4:49.27	/ www.phototiming.com /		

REDLANDS, MARCH 17 - REDLANDS INVITATIONAL: 1500 Meters - 12. John Nichols (AGHS, SLDC) 4:19.75.

SACRAMENTO, MARCH 18 - HORNET INVITATIONAL: Women's 5000M -

11. Shannon McClish/U.C. Santa Cruz (Morro Bay HS) 18:10.63 .. 12. Gracie Albano/Sacramento State (Nipomo HS) 18:13.59.

SAN LUIS OBISPO, MARCH 18 - HEALTH & FITNESS EXPO 5K (at the Madonna Expo Center):

1. David Campa	17:15	44. Chantal Donahue	29:13	113. Laurel Posey	39:33
18. John Tiffin	23:25	59. Sara Alan	31:09	(170 finishers)	
35. Angenette Tiffin	26:49	72. Chuck Crotser	32:41	- / www.svetiming.com / -	

LOS ANGELES, MARCH 19 - SKETCHERS LOS ANGELES MARATHON (19,000 runners):

1139. Courtney Kostrikin 3:43:58 .. 16134. Sandie Cano/Nipomo 6:40:56. (Courtney was on the SLDC team at Boston in 2014.)

MODESTO, MARCH 19 - MODESTO 5K, HALF MARATHON, & MARATHON:

5K (1,120 finishers) - 617. Chris Shuck (2F-65/69) 43:20. **Half Marathon** (1,262 finishers) - 50. Matthew Shuck 1:35:20. **Marathon** (575 finishers) - 7. Victor Hurtado/Santa Maria 2:55:19 .. 25. Joel Fenlason/Santa Maria 3:12:36. . . . (Club records for the Modesto Marathon are 2:46:58 by Rick Kluge and 3:23:34 by Diane Dixon, both set in 1992.) - / www.svetiming.com / -

SAN DIEGO, MARCH 24 - AZTEC INVITATIONAL: 1500M - 1. William Ernst/Cal Baptist (SLOHS, SLDC) 3:54.93.

SAN LUIS OBISPO, MARCH 25 - CAL POLY INVITATIONAL: 5000 Meters - 2. Kobi Kelly/Cuesta(SLOHS, SLDC) 16:32.32.

SANTA BARBARA, MARCH 25 - NINE TRAILS 35 MILE ENDURANCE RUN: 18. Kevin Wolf/Paso Robles 8:24:01 (110 finishers).

FAYETTEVILLE, ARKANSAS, MARCH 25 - ARKANSAS SPRING INVITATIONAL: 400 Meters - 5. Savannah Camacho 55.85.

ARROYO GRANDE, MARCH 26 - CAL POLY MTS TRIATHLONS (at Lopez Lake):

Men's Collegiate Triathlon (135 finishers) - 51. Torin Halstead/UCSD 2:09:48 .. 54. Kieran Bolger/Davis (SLOHS) 2:10:45.

Olympic Distance - 2. Jeremy Costello/Berkeley (SLOHS) 2:00:26. **Sprint Distance** - Sara Alan/Paso Robles 2:04:26.

PASO ROBLES, MARCH 26 - WINE COUNTRY 5K & HALF MARATHON

5K (223 finishers)			Half Marathon		
1. Steve Ireland	19:17	4. David Campa/1-40+	1:17:06	247. Linda Stimson	2:16:25
3. Anabella Edler/A.G./1-F	20:12	25. Pat Connally/1-60+	1:33:02	295. Chantal Donahue	2:27:42
20. Jonathan Masse/1-SLDC	24:20	31. Matthew Shuck	1:34:15	382. Patsy Schackart/3F-65+	2:55:58
21. Gregory Masse/Paso	24:20	40. Linda Signal/2F-45+	1:37:39	Half Marathon - Others	
34. Heidi Harrison/1F-45+	26:13	53. Chuck Fiorentino/2-60+	1:40:42	1. Jameson Mora/Paso	1:07:36
41. Debbie Dorney1F-65+	26:49	69. Paul Shires/3-60+	1:44:28	9. Mary Hillis/S.L.O./1-F	1:22:51
42. Shauna Kruse/F-50+	26:50	73. Dave Dunbar	1:45:21	22. Sean McCormick/1-50+	1:31:47
44. Denise Youngman/2-65+	26:51	102. Marian Fiorentino/3-55+	1:50:27	226. Lori Bagby/Atascadero	2:13:48
165. Chris Shuck	42:21	107. Chris Haggie/1-65+	1:51:15	(396 finishers)	
		112. Bill Schackart/2-65+	1:52:56		
		181. Myrna Alvarez/2F-60+	2:08:23		
Half Marathon Walk (60)					
1. Charlie Penrise/85/Atas.	2:24:16	205. Aileen Cota	2:11:27		
8. Liz Lee/Paso Robles	2:40:52	227. Suzi Jianuzzi/3F-60+	2:13:48	/ www.eternaltiming.com /	



Dave Dunbar, Shauna Kruse, Heidi Harrison, Matthew Shuck, & Chris Shuck at the Wine Country races



Paul Shires, Janet Norem, & Dave Dunbar after running the East Cuesta ridge (photo from Heidi Harrison)